

# REPORT

## Fall Travelling Fellowship

Portugal, Oct/Nov 2018

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**Submitted to: Nina Nuerneberger**

**Reported by: Dr. Imran Shaqiri MD (University Clinical Center of Kosovo, Pristina)**

**Introduction:** First of all I want to express deep gratitude to KSOTS, EFFORT and PSOT for choosing me for this year fellowship in Portugal, I felt so honored. We were a total of 15 participating fellows from all over Europe: Albania, Belgium, Bulgaria, Croatia, Cyprus, Denmark, Estonia, Germany, Greece, Hungary, Italy, Ireland, Kosovo and Portugal.

**Detailed description of the fellowship** (please feel free to include photographs if you wish):

I arrived in Lisbon in October 28<sup>th</sup>, everything was arranged just perfectly, the Hotel was so close to the airport, so it was easy to join with the other fellows.



### Monday October 29<sup>th</sup> 2018

Morning at 8 AM Dr. Andre Couto was waiting for us in the lobby and the program was about to begin and I was so excited. We went to Hospital Curry Cabral Orthopaedics Department - Lisbon, Welcome speech – Luis Branco Amaral MD Head of the Orthopaedics Department.

Presentation of fellows.

There we had chance to have direct view from the OR, where was performed spinal surgery, we had clinical case discussion about spine deformities and trauma, degenerative spine etc.

Afterwards, we went to Coimbra to visit University Library – Biblioteca Joanina the oldest one and with very rich cultural heritage. Then we walked around the city and visited some interesting objects like 'Pacos Da Republica Dos KAGADOS', we went to listen Fado de Coimbra – it is usually considered music of Coimbra itself.



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### Tuesday October 30<sup>th</sup> 2018

Morning at 9 AM we started with lecture at Centro Hospitalar e Universitario de Coimbra, Welcome speech – Fernando Fonseca MD, PhD Head of the Orthopaedics Department, President of PSOT.

The lecture was about Knee Surgery with topic 'New perspective in ACL surgery' and 'Navigation on knee surgery', had discussion and clinical case reported.



Then we went to Hospital Pediatrico de Coimbra, there we divided in three groups, we had a great lecture about the congenital spine deformities, tumors, arthroscopy and CLUB foot, we passed a perfect time there.

In the evening we had a great dinner, spent time with each other, talking, discussing about our experience, about work in our country, culture and many other things.



### Wednesday October 31<sup>st</sup> 2018

Morning travel to Porto, we had lunch and after that visited Clinica do Dragao Espregueira-Mendes Sports Center, FIFA Medical Center of Excellence. We had lecture about 'Osteochondral lesion of the knee. Which is the best surgical option for football players?' from Joao Espregueira-Mendes, 'New trends in ACL lesions', 'Osteochondral lesion of the ankle. What are we learning from football players?' and 'Return to play after ACLR – time of criteria?', it was very interesting topics, and interesting discussion.



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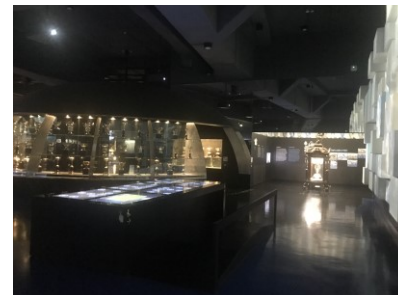
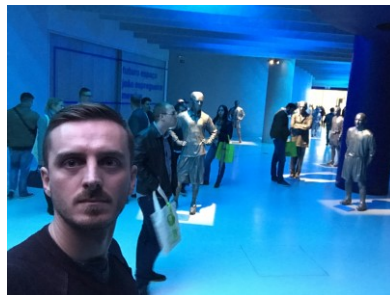
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After that we visited Fc Porto Stadium and Museum, we had opportunity to learn so many things about the history of Fc Porto. I was impressed by 'Draco Constellation', trophie colletion and so many exclusive objects.



### Thursday November 1<sup>st</sup> 2018

Morning – Getting to know Porto, we had a boat trip six bridges cruise, after that we went in Porto Calem – Wine House, tour around the museum, tasting good wine and learning about Port Wine. We had awesome time in Porto.



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Then we traveled back to Lisbon. Something interesting was this 'Tuk Tuk' trip around the Lisbon, that gave us better view of this beautiful city.

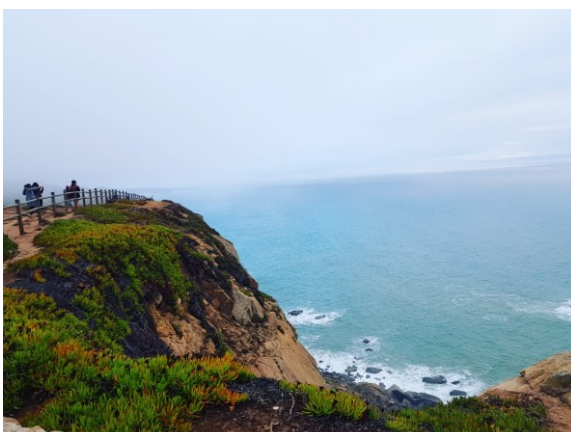


Afterwards, we went to listen Fado de Lisboa, great way to end the day.



### Friday November 2<sup>nd</sup> 2018

We went to Hospital CUF Descobertas, welcome from Jorge Mineiro MD, PhD Head of the Orthopaedics Department. The topics were about 'Foot and Ankle Surgery', Hip Surgery – Direct Anterior Approach, Pediatric Orthopaedics.



Then we went to Sintra, to the most Western Point in Europe 'Cabo da Roca' where Vasco da Gama started his traveling around the world.



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And finally food, every dish we had during our 5 day stay was delicious and some things I tasted were new for me, like 'Francesinha', 'Pasteis de Belem', 'Poncha' and I really enjoyed all of them.



**Conclusion:** All I can say is that I had wonderful time, it was an amazing experience for me, I learned so many new things and heard about some innovating techniques, I saw so many beautiful things and places. But this would be nothing without great team and leader. I want to thank each and every member of the group for being so kind and friendly, even if we came from different countries and cultures, I learned so much from all of them too. And on the top I want to mention and thank the best host Dr. Andre who made our fellowship so great. Hope this won't be my last EFORT fellowship and hope we will all meet again.

My best regards Dr. Imran Shaqiri